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# KNOW THYSELF.



EDITED BY Prof. IDA ELLIS,

A Monthly Magazine devoted to Phrenology, Physiology, Pathology, Pathognomy, Physiognomy, Pleasure and Profit.

Vol. 1. No. 4. (Copyright.) DECEMBER 1st, 1891. Monthly, 1d.

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## Character Sketches.—No. III.



PROF. GEORGE HENRY JOHN DUTTON.

(From Photograph.)

MR. DUTTON has good organic quality. He is very impressionable to surrounding influences; cannot content himself with a common position in life; has high aspirations, and a lofty ideal; is capable of exquisite enjoyment, as also of keen suffering. He is therefore constitutionally adapted to excel in a mental rather than in a physical pursuit. He does not possess

more than an average stock of vitality, and is liable to suffer from changes of weather and climate. Has a fair amount of physical power and endurance, but should endeavour to cultivate: is liable to rob his body of rest and exercise for the improvement of the mind. He has an excellent mental temperament, fond of art, science, and literature. Is very active, seldom gives his brain rest; always scheming and planning. If he executed one-quarter of what he plans he would make an extraordinary mark upon the world. Is excitable enough to give warmth and enthusiasm to all that he takes in hand, but is by no means carried away by sensationalism. He is warm-hearted and devoted as a husband, loving and gentle, but just as a parent: will neither spoil his own children nor make many pets of dumb animals. Is a true friend and counsellor, and patriotic in spirit. Is exceedingly cautious in all his undertakings, but not sly or double-minded; he speaks his mind plain, but considers well his speech. Is stimulated by the applause of men but does not seek it ardently; preferring rather to please himself and carry out his own ideas than to be hampered with the likes and dislikes of others. He is in possession of a will of iron; what he makes up his mind to do, that he accomplishes; and his degree of combativeness enables him to overcome whatever obstacles may be in the way of success. Has good perseverance. He has a keen sense of right and justice, would not defraud the meanest creature. Is respectful and devout in religious exercises; in fact he possesses a high tone of morality altogether. He has a splendid intellect, is a good reasoner, a deep thinker, has good literary powers, and as a phrenologist excels in that capacity, conjointly with lecturing. Every sentence he utters or writes is musical, well constructed and full of refinement, his musical faculties

and refining sentiments being equally large.

Mr. Dutton is 30 years of age, being born on Jan 30th, 1861, at Ruddington, Notts., of respected middle class parents. His career at the village school is interesting, for we learn that his first attempt at composition at the early age of nine years was published in an educational magazine. His love of, and ability for study, induced his parents to send him to the middle class college at Gotham, where he completed his education. After this, for twelve months, his ardent desire for study met with a rebuff, through his parents (who were unacquainted with Phrenology) putting him to the printing trade, and afterwards to the wholesale millinery business in which he succeeded. His first attempts at public work were reciting, training of choirs, and philanthropic work amongst the slums of Nottingham. Then came a very important event of his life, viz., his marriage with Miss E. A. Ley, to whom he gives the credit of inducing him to practically master the science of Phrenology.

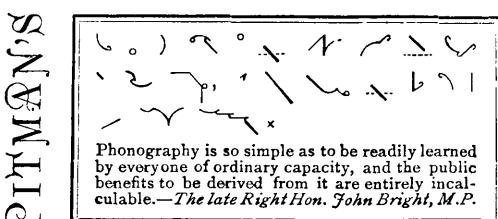
Through the efforts of Mr. Dutton the Nottingham and District Phrenological Society was formed, he being elected first president, which office he retained until he left Nottingham for Skegness in the early part of last year. He has been presented with a very nice testimonial in acknowledgement of his services in forming and superintending a Mental Science Class in connection with the Y. M. C. A., of Nottingham.

Mr. Dutton has written several articles for the *Phrenological Magazine*, published in London. He has also published several pamphlets and a little book entitled *How to improve the memory*, all of which command a good sale and have been favourably reviewed.

During the summer months he resides at 45, Lumley Road, Skegness, where he may be consulted daily throughout the season. He lectures to large and appreciative audiences and gives public delineations at the close of his lectures. He has had frequent tributes paid to his abilities by the press, and he holds the Diploma of the British Phrenological Association.

PROF. IDA ELLIS.

## SHORTHAND, a Chance for Everybody.



Phonography is so simple as to be readily learned by everyone of ordinary capacity, and the public benefits to be derived from it are entirely incalculable.—*The late Right Hon. John Bright, M.P.*

We have made splendid arrangements whereby our readers can learn Shorthand through the post at the nominal fee of 5s. for 6 months, lessons to be given weekly.

How we do it.—Upon receipt of P. O. for 5s., we forward the pupil all necessary books and papers, with a lesson to be learned, which must be sent to us on the following Monday for correction. We then return corrected copy, with another lesson. Address—*Phonographer, "Know Thyself" Office, 115, Taylor Street, Batley, Yorkshire.*

## YOUR CHARACTER CORRECTLY TOLD THROUGH THE POST.

The character of any person correctly told from their handwriting photograph, or physical description, and sent post free at the following charges:

### FROM PHOTOGRAPH.

No.	DESCRIPTION.	Fee.
I	A WRITTEN DELINEATION stating the most prominent traits of character .. .. ..	6d.
II	A WRITTEN DELINEATION of Character by Prof. Ida Ellis, who will at the same time reply to any question asked .. .. ..	1/-
III	PRINTED CHART of Character (50 pages) with over 40 Characteristics, fully marked, with advice how to cultivate or restrain the faculties .. .. ..	2/6
IV	FIRST-CLASS CHART, fully marked, including advice on occupation best adapted for, Marriage, Health, and Diet .. .. ..	5/-

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### PHYSICAL DESCRIPTION.

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I	NOTE.—For a delineation of character from physical description you must state the colour of the person's eyes and hair, also their height, age, and sex.	
I	THE MOST PROMINENT TRAITS of Character correctly described.. .. ..	6d.
II	A WRITTEN DELINEATION of Character by Prof. Ida Ellis, who will at the same time reply to any questions asked. .. .. ..	1/-
III	PRINTED CHART of Character (50 pages) with over 40 Characteristics, fully marked, with advice how to cultivate or restrain the faculties .. .. ..	2/6

COURTING COUPLES should know the character of their sweetheart before any engagement is entered upon. MEN AND WOMEN will know themselves and their abilities for business life far better after a delineation of their character than before. PARENTS should have their children's characters delineated before starting them out in life.

### WHAT WE CAN TELL YOU.

From the formation of your head we can tell your mental capacity, and at the same time point out those faculties requiring to be more especially cultivated or restrained, and how this is to be done.

We can indicate to you the position in life that you are the best adapted for, mentally and physically, also the profession, business, or trade most suited to your organization.

Dr. William Gregory, F.R.S.E., F.R.C.P., etc., writes—"I have studied the science of Phrenology, and have the firm conviction that in the hands of properly qualified persons, this science affords the means of ascertaining with certainty the natural dispositions and talents of such individuals as possess healthy brains."

## Phrenological Examinations Daily,

From 10 a.m. to 10 p.m., at rates from 1s. to £2.

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"KNOW THYSELF" OFFICE,  
115, Taylor St., Batley, Yorkshire.



# HUMAN NATURE STUDIES.

ORIGINAL or selected Contributions must be written on one side of the paper only, and are paid for according to their value, immediately on publication. If selected, the date and name of paper must be stated. Rejected contributions will be returned if a large, stamped, addressed envelope is sent with the M.S.'s. Address—M.S.S. Department, *Know Thyself* Office, 115, Taylor St., Batley, Yorkshire.

A LETTER TO THE EDITOR.

## What is Memory?

Dear Editor,—I read in the *Phrenological Magazine* for August an article by Mr. J. Coates in which he says "How little we know of memory! but the method of its operations is another thing," and it occurred to me to give you the outline of my own thoughts as I reflected upon what I had read, leaving it to your judgement as to its fitness for appearing in the columns of *Know Thyself*.

Of course all phrenologists know better than to give one single organ the title of "memory" now, however many have erred in this direction in the past. In my opinion, the faculty of memory works through different organs. Some write of an organ of music, but phrenologists do not recognise this, the faculty of music is produced through different organs. For instance, a person with the faculty of music large enough to be a genius should have the organs of time, tune, order, constructiveness, ideality, language, etc., etc., large to produce the one faculty, therefore those who possess the faculty of memory good, will be found full in those organs pertaining to what they can best remember. For instance, a man is known to have a splendid memory for figures, having calculation large, but can seldom remember faces he may have seen several times: he will be found to have the organ of form only moderately developed. We invariably find that we remember that which interests us most, and we are always most interested in that which corresponds with the predominant traits of our character.

Memory! How marvellous! Each convolution of the brain seems like so many pegs to hang something neatly upon. You go to London to see your friends and converse with them. The magic electric power is set in motion, gathers the facts and hangs them upon the different pegs in their respective rooms (or cells). You wish to call the different facts to mind at some later period, and the "faculty" of memory does it in the following manner:—the electric fluid which is connected with all the rooms (or organs) is again set in motion, comes in contact with Locality, and produces London from its respective peg, at the same time other items connected with your visit appear equally plain to your mind, and yet you cannot remember the conversation entered into. Why? Because the organ of Language is deficient, the electric power not having so strong a hold.

A well balanced organization has more to do with a good memory than some would imagine.

Instead of having *one* organ of memory, our whole brain and entire nervous system are seats of the faculty

of memory, as we can experience for ourselves when strenuously endeavouring to cultivate our mental capacities.

Amateur phrenologists frequently use the term "faculty" when they really mean "organ" and *vice versa*.

A "faculty" is a power which works through a *combination of organs*. An "organ" is that which a faculty makes use of. A person may have the organ of tune, but may not have the faculty of music, because it needs the combination of the organs of time, tune, ideality, constructiveness, etc., to make first-class musicians. Roughly stated, as is the brain so is the memory. If we have no brains for music we cannot remember things pertaining to it.

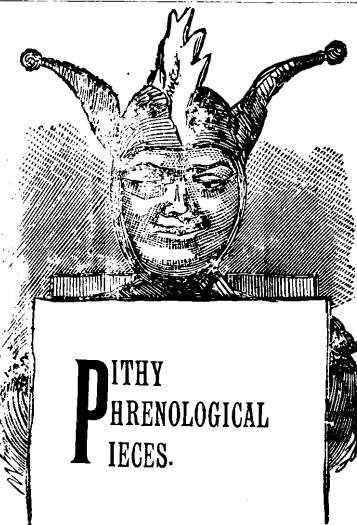
I beg to differ from Mr. J. Coates on this point, for he says that "a person who has no *brains* for art, music, locality, or order, will have no mind for these things." Now, I am convinced that the infinite God who creates the *mind* favours none, but gives to all the same degree to start with. It is humanity that is at fault. God allows nature to take its course, and idiots who progenate will produce idiotic children. Who has the idiot to blame. God, or his ancestors? The *brain* is the organ of the *mind*; therefore, if the *brain* is faulty it does not follow that the *mind* is. The *mind* desires that which is best, as is evidenced by a person possessing good organic quality, and also when ignorant persons become converted to real Christianity (whatever the theology may be.) The mind has found its congenial sphere, and then aims at improvement. The man with least brains is sometimes then, the most happy. Brains and intellectual education does not bring the happiness to the mind that salvation does; although it is beyond a doubt that the person with a high intellect is capable of intenser enjoyment than the person who has but an inferior one, provided that the mind has found its congenial sphere above alluded to.

A. J.

## Music in the Treatment of Disease.

THE value of music as a therapeutic method cannot yet be precisely stated. Of its wholesome influence in various forms of disease, however, there can be little doubt. In making this assertion we do not, of course, assign to it any specific or peculiar action. It is no quack's nostrum, no reputed conqueror of ache or ailment. It is only one of those intangible but effective aids or medicine which exert their healthful properties through the nervous system. It is as a mental tonic that music acts. Accordingly we may naturally expect it to exert its powers chiefly in those diseases, or aspects of disease, which are due to morbid nervous action. The evidence of its utility on occasions where fatigue or worry has disturbed the proper balance and relation between the mind and body of the so-called healthy, will explain its action in disease. We can readily understand how a pleasing and lively melody can awake in a jaded brain the

strong emotion of hope, and, energising by its means, the languid nerve control of the whole circulation, strengthen the heart beat, and refresh the vascularity of every organ. Here, again, it is easy to comprehend the regulating effect of quiet harmony, which brings at once a rest and a diversion to the fretting mind. Even aches are soothed for a time by a transference of attention, and why, then, should not pain be lulled by music? That it sometimes is thus relieved we cannot doubt.—*The Lancet.*



**SHE HAD LARGE LANGUAGE.**—Miss Gabble: "I have had that parrot for three months now, and it has never spoken a word."

Caller: "Perhaps you have never given it a chance."

**EXCESSIVE SELF ESTEEM, ETC.**—Photographer: "Now, try to look like yourself." (Noting the effect): "Well, er, h'm; just try to look like somebody else."

**THE ORGAN OF WEIGHT.**—A clever balancing act is performed by a man in a Paris circus. He makes a tower of twenty champagne bottles, and perches himself on the summit.

**ACQUISITIVENESS, ETC.**—Augustus: "Your uncle, Mr. Prettypenny, is a numismatist, is he not?"

Charles: "What's that, my boy?"

Augustus: "A lover of coins."

Charles: "I should think he is. He never lets one get away from him."

**SECRETIVENESS, ETC.**—"I always tell my wife every thing that happens." "Oh, my dear Frank," said Tom, "I tell my wife lots of things that *never* happen."

**BENEVOLENCE.**—"Pray, sir, pity me," said a beggar, "I have a wife and six children." The gentleman replied, "Accept my heartfelt sympathy; so have I."

**ACQUISITIVENESS.**—A rich miser was offered the plate on the occasion of a charity collection. "I have nothing," said he. "Then take something, sir," said the lady collector; "You know I'm begging for the poor."



## Behind the Office Door.

**NOTICES, COMING EVENTS, ETC.** are inserted in this column at the rate of 1d. for every two words.

All Books, Pamphlets, Magazines, etc., that are sent us are carefully reviewed and announced in this column free of charge. Address—"Know Thyself" Office, 115, Taylor Street, Batley, Yorkshire.

\* \* \* \*

We will gladly send a copy of "Know Thyself" to any Public Library, Mechanics' Institute, or such like institutions on application.

\* \* \* \*

We trust our readers will appreciate our Watch Competition, and do their utmost to gain a prize.

\* \* \* \*

Our readers ought not to experience any difficulty in obtaining "Know Thyself," as it can be ordered through any news agent, or direct from our own office.

\* \* \* \*

Our readers will be sorry to learn that the first edition of our book for the use of married persons only, which we published some months ago, has been seized and destroyed by order of the Police authorities. A full report of the prosecution will be sent to any address on receipt of 5d. We have received letters from persons in all grades of society expressing their sympathy, and condemning the action of the authorities. Several have sent a small donation to show their sympathy for us in the matter. We beg to acknowledge—T. G., 1/-; M. B., 6d.; S. E., 9d.

\* \* \* \*

We have had to go to press earlier than usual this month, and cannot yet state the winner of our £1 Prize.

\* \* \* \*

Professor Dutton's recent visit to Newark was attended with such remarkable success that the committee at whose bazaar he lectured, have requested him to visit them again this month. Ex-Mayor H. E. Knight, Esq., and others have forwarded him unsolicited testimonials, which speak well for the ability and popularity of the professor.

\* \* \* \*

We wish to draw the attention of Competition lovers to Mr. Wood's Advertisement in our Sale and Exchange Column. We have had occasion to do business with this gentleman ourselves more than once and can recommend his "Goose for 6d." Competition with the utmost confidence. Everybody give him a trial.

## The Time it Takes Food to Digest.

### VEGETABLE SUBSTANCES.

			Hours.	Mins.
Rice	...	Boiled	1	0
Apples (sweet and mellow)	...	Roasted	1	30
Sago	...	Boiled	1	45
Tapioca	...	Boiled	2	0
Apples (sour and mellow)	...	Roasted	2	0
Barley	...	Boiled	2	0
Cabbage (with vinegar)	...	Roasted	2	0
Beans	...	Boiled	2	30
Sponge Cake	...	Baked	2	30
Parsnips	...	Boiled	2	30
Potatoes	...	Roasted	2	30
Potatoes	...	Baked	2	33
Apple Dumpling	...	Boiled	3	0
Indian Corn Cake	...	Baked	3	0
Indian Corn Bread	...	Baked	3	15
Carrots	...	Boiled	3	15
Wheaten Bread	...	Baked	3	30
Potatoes	...	Boiled	3	30
Turnips	...	Boiled	3	30
Beets	...	Boiled	3	45
Cabbage	...	Boiled	4	0

### ANIMAL SUBSTANCES.

Pig's Feet (soused)	...	Boiled	1	0
Tripe (soused)	...	Boiled	1	0
Eggs (whipped)	...	Roasted	1	30
Salmon Trout	...	Boiled	1	30
Venison Steak	...	Broiled	1	30
Brains	...	Boiled	1	45
Ox Liver	...	Broiled	2	0
Codfish (cured dry)	...	Boiled	2	0
Eggs	...	Roasted	2	15
Turkey	...	Boiled	2	25
Gelatine	...	Boiled	2	30
Goose	...	Roasted	2	30
Pig (suckling)	...	Roasted	2	30
Lamb	...	Broiled	2	30
Chicken	...	Fried	2	45
Beef	...	Boiled	2	45
Beef	...	Roasted	3	0
Mutton	...	Boiled	3	0
Mutton	...	Roasted	3	15
Oysters	...	Raw	3	30
Cheese	...	Roasted	3	30
Eggs	...	Boiled	3	30
Eggs	...	Fried	3	30
Beef	...	Fried	4	0
Fowls	...	Boiled	4	0
Fowls	...	Roasted	4	0
Ducks	...	Roasted	4	0
Cartilage	...	Boiled	4	15
Pork	...	Roasted	5	15
Tendon	...	Boiled	5	30

## Graphology Column.

### FREE.

THE leading traits of any person's character correctly told from their handwriting, *free of charge*, by an expert Graphologist. A coupon must be sent with each letter requesting a delineation. Those who wish for a *lengthy* delineation we refer to our advertisement headed "Your character correctly told through the post." Address—Graphologist, *Know Thyself* Office, 115, Taylor Street, Batley, Yorkshire.

### GRAPHOLOGY COUPON.

G. D.—You are very warmhearted and impulsive. When an idea or thought occurs to you, you must act upon it at once or you are inclined to be irritable for a time, then all desire to act is lost. You are fond of approbation, and are anxious to please others. Should be less sensitive about the opinion of the public.

G. BROWN.—You are proud, and love to be applauded in public so much that you will sacrifice almost anything; will never make an orator.

### For News-agents only.

"*KNOW THYSELF*" can be obtained wholesale from John Heywood, Manchester, or direct from our own office, 115, Taylor St., Batley.

### Back Numbers of "Know Thyself."

THESE can be had at any time direct from *Know Thyself* Office, 115 Taylor Street, Batley, Yorkshire, at 1d., post free 1d.

### Our Directory.

TRADESMEN and others can have their name and address inserted in this column for 12 months on payment of 2/- Address—"Know Thyself" Office, 115, Taylor Street, Batley, Yorkshire.

#### PHRENOLOGISTS.

Prof. G. DUTTON, 45, Lumley Road, Skegness.  
Prof. D. DALL, 30, Helen Street, Arbroath, N.B.  
Prof. IDA ELLIS, Phreno House, Batley, Yorkshire.

#### GENERAL AGENTS.

UNIVERSAL AGENCY CO., Taylor St., Batley, Yorkshire.

### Answers to Correspondents.

CORRESPONDENTS who do not find their letters answered in this column should repeat their questions and send a stamped addressed envelope, when they will be replied to by post. Address—Correspondence Department, *Know Thyself* Office, 115, Taylor St., Batley, Yorkshire.

PROFESSIONAL WALKER.—Quetlet estimates the average length of a man's stride at  $31\frac{1}{2}$  inches, and the distance an average traveller can cover at this rate at 7,158 yards an hour, or 119 yards a minute. The number of strides would be 7,500 an hour, or 125 a minute. The length of the strides in the various European armies is as follows:—In the German army it is  $31\frac{1}{2}$  inches, with a cadence of 112 steps per minute; in the Austrian army  $29\frac{1}{2}$  inches, with a cadence of 115 to 130 per minute; in the Italian army  $29\frac{1}{2}$  inches, with a cadence of 120 per minute; in the French army  $29\frac{1}{2}$  inches, with a cadence of 115 per minute; in the British army 30 inches, with a cadence of 116 per minute.



**DEGREE 4. AVERAGE.**—You are active enough to *plod* along, but do not put forth much effort.

**DEGREE 5. FULL.**—You are happy when actively engaged, and detest confinement or restraint.

**DEGREE 6. LARGE.**—You love activity, and are anything but lazy; you are never still.

**DEGREE 7. EXCESSIVE.**—You are too restless, and more active than your strength can endure.

**HOW TO CULTIVATE.**—Wake up; avoid laziness; keep doing, and live on your feet.

"Go to the ant, thou sluggard: consider her ways and be wise."—Solomon

**HOW TO RESTRAIN.**—Sit down and rest when tired, and let the world jog on while you enjoy it; work as little as possible and be content.

## SECTION VI.—THE EXCITABLE TEMPERAMENT

We mean by *Excitable Temperament* the sharpness of speech, hasty actions, and the general effect of circumstances on a persons nature. If you are marked:—

**DEGREE 1. DEFICIENT.**—You are half asleep; an earthquake would scarcely arouse and excite you.

**DEGREE 2. SMALL.**—You are listless, monotonous, and very cool when others are excited.

**DEGREE 3. MODERATE.**—You are seldom enthusiastic in what you undertake and throw very little life into anything; too inactive.

**DEGREE 4. AVERAGE.**—You are generally self-possessed; never easily ruffled without a substantial cause.

**DEGREE 5. FULL.**—You love excitement, but will not allow yourself to be carried away by it.

**DEGREE 6. LARGE.**—You are excitable; prefer rather to wear out than rust out: very impulsive.

**DEGREE 7. EXCESSIVE.**—You are too excitable; strung up to the point of snapping; excited at mere trifles, and liable to insanity.

**HOW TO CULTIVATE.**—Arouse yourself to action; seek innocent excitement, and endeavour to feel it.

**HOW TO RESTRAIN.**—Be steady; avoid all stimulants; keep away from excitement; follow advice in health, food, and bathing tables.

## SECTION VII.—THE BALANCED TEMPERAMENT.

We mean by *balanced*, a blend of all the temperaments, forming the basis of a noble or ignoble character; or in other words it is like an engine; the *organic* being the **QUALITY OF THE MATERIAL** used in its manufacture; the *vital*, the **FIRE, FUEL, AND WATER**; the *motive*, the **WHEELS, CRANKS, AND MECHANISM**; the *mental*, the **ENGINEER**; the *active and excitable*, the **STEAM AND SPEED**. If the *material* of the engine is bad, it will be of poor service; if little *fire and water*, it will soon stop; if *broken wheels and cranks*, it remains stationary; if the *engineer* is incompetent, the engine takes its own course without control; if the *steam and speed* is slack, progress is slow; but if they are all of equal power what gigantic feats the engine can accomplish. So it is with the temperaments; when they are well balanced, and in harmony with each other, success is almost certain. If you are marked:—

**DEGREE 1.**—You are inconsistent in everything, and cannot be depended upon; a bigot in religion, and disliked by your fellows.

**DEGREE 2.**—You have an uneven head, and are singular in your looks, habits, and doctrines, taking one-sided views of things.

**DEGREE 3.**—You are easily affected by circumstances, and apt to run after new things.

**DEGREE 4.**—You are not remarkable for any speciality of 'alent, but are in the main consistent in all you undertake,

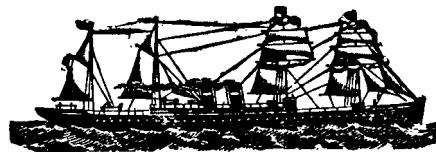
**DEGREE 5.**—You are uniform and harmonious in character, possess an even tempér. and have more friends than enemies.

**DEGREE 6.**—You are refined and capable of being responsible in great undertakings.

**DEGREE 7.**—You are well balanced in temperaments, and are a leader of men; you are certain of success in life, having a perfect character.

**HOW TO CULTIVATE.**—Try to find out the weak temperaments, and follow the advice given "How to cultivate."

**HOW TO RESTRAIN.**—This is never necessary, as we cannot be too evenly balanced.



## Special Offer to our Readers who have friends across the sea

ANY person who has a friend abroad has only to send us one shilling, with name and address, and we will post that friend a copy of *Know Thyself* for twelve months. We do this to make our paper better known in foreign parts, for we are determined to have the largest circulation in the world of any penny magazine. Just imagine how pleased your friend will be to receive a paper from England. Moreover we shall send a valuable Christmas present on December 24th, to the person who sends us the greatest number of shilling subscriptions (singly or in one batch) during September, October, November, and December, 1891. Address—Foreign Department, *Know Thyself* Office, 115, Taylor St., Batley, Yorks.

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We select the Name of a place from the Postal Guide, which has seven letters. The person who sends in the correct name, wins the prize.

### PUZZLE COUPON.

The letter and stars C \* \* \* \* \*

represent the place named \_\_\_\_\_

Competitor \_\_\_\_\_

Address \_\_\_\_\_

Witness \_\_\_\_\_

Address \_\_\_\_\_

**RULES.**—In case of ties, the £1 is divided. Coupons must reach us not later than the 15th of this month. Entrance Fee 2/6.

**Address.**—Competition Department, "Know Thyself" Office, 115, Taylor Street, Batley, Yorkshire



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6 Cabinet size - - - }

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## List of Books

Published and sold by Prof. IDA ELLIS,  
"Know Thyself" Office,  
115, Taylor Street, Batley, Yorkshire.

## HOW TO IMPROVE THE MEMORY (ILLUSTRATED.)

A good Memory is a priceless possession. Its retention and recovery is therefore very important. This little book is valuable for two things. It points out the causes of a bad Memory, and gives careful directions for improvements. The author has not attempted an elaborate treatise, but has written practical work for all who desire to remember what they see, hear, know, read and do. As a proof of its utility 500 copies were ordered before the work was delivered by the printer. Price 3d., post free 4d.

### "KNOW THYSELF."

A magazine devoted to Phrenology, Physiology, Pathology, Physiognomy, Pleasure, and Profit. Edited by Prof. IDA ELLIS. Published monthly price 1d., or 1s. 6d. per year, post free.

### ALL ABOUT PHRENOLOGY.

Send 2s. 6d. for this valuable work, to be published in the early part of 1892. Special edition for subscribers. Don't delay.

### THE PHRENOLOGICAL REGISTER

A good book for amateur phrenologists and all others who wish to know something of the science. It contains a chart for persons to mark their own character, the classification, location, definition, and subdivision of the phrenological organs; also an analysis of the faculties, with chapters on the combinations, the wisdom and beauty displayed in the grouping of the organs, and a practical defence and utility of phrenology. Sent with several pamphlets, post free 6d.

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